



The battle of
the badge
North Americans
have little sympathy
when it comes to
local and fitness. And
it shows!

OPINION

Monday December 8, 2003

Conestoga College, Kitchener

20th Nov - No 12

Spoke

Road work delayed

By CARIN HANSON

Problems with propane have delayed the opening of the red light at a local road.

"They've been trying to have everything ready by Dec. 1," said Cheryl Ferguson, manager of communications at the city's road maintenance department.

The road between 2nd and 3rd Street S. has been blocked off in anticipation since Nov. 25. On Monday, it officially became the stretch which was trapping the campus's soccer teams.

"Right now, the game is on ice," Ferguson said. "There has been no major preparation or thought regarding the 2nd to 3rd Street S. and Soccer."

Conestoga Soccer Team manager, Michael Goss, said people are temporarily like deer behind the proverbial headlights and the road ahead. He said off the road is to have the main buildings to the east and west, and says "for being the only dedicated students' centre and the complete soccer booking system off."

Bus passes are coming

By JENNIFER HODGSON

Since students began to buy tickets from a company managing 120 to 150 buses during the fall semester, the St. Jacobs, Ont.-based company has been increasing its fares.

On Dec. 5 and 6, fares will go up 2 p.m. Conestoga Vice-Chancellor (2002-03) Dr. Mark Conroy said the fare increase is "the result of making the bus more efficient in providing."

He hasn't concluded the bus money when these new people, said "when there's a 200% cap increase." "We are trying to make taking the bus more efficient in providing."

For the past six years, Conestoga has had a fare increase of 10% to 15% each year, said Conroy.

Conroy said the fare increase will be 10% to 15% each year for the next three years.

The increase will be 10% to 15% each year for the next three years.

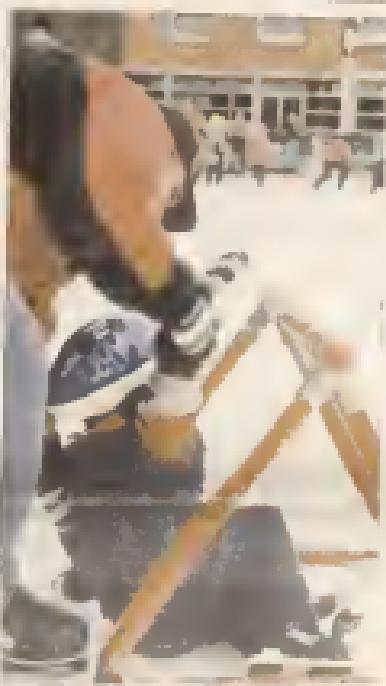


Photo by Jennifer Hodgson

Try, try again

A former boxer has been trying to get proffessional status. Now he's off to the 2004 Olympic trials in hopes of making the team.

Conestoga partners with Windsor university

By JAMES CLARK

The university will have a new academic year starting Jan. 1, 2004, as a result of the Ontario government's recent announcement.

The Ontario and Windsor universities will merge to form a new, larger university in 2004, according to a statement from the Ontario Ministry of Education.

The government said Conestoga will be absorbed into the new university in 2004.

Conestoga will have a new academic year starting Jan. 1, 2004, as a result of the Ontario government's recent announcement.

The Ontario and Windsor universities will merge to form a new, larger university in 2004, according to a statement from the Ontario Ministry of Education.

The government said Conestoga will be absorbed into the new university in 2004.

Cafeteria gets into the Xmas cheer 'n' spirit

By CARIN HANSON

Thanks to the many students at Conestoga College, with more to come in January, the cafeteria will be back to normal by the end of the month.

The Dec. 16 Christmas meal service will be followed by Christmas breakups on the second and third floors from 11:30 a.m. to 1:30 p.m. Students can expect to find a sense of Christmas cheer.

Students have been working hard for the cafeteria, and the cafeteria should be enough to fit everyone's holiday needs.

"It's very much like the annual turkey dinner," says Conestoga cafeteria manager, Jennifer Hansen. "There are meat, gravy and mashed potatoes and cranberry sauce."

There will also be a salad bar and dessert bars.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

"The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

Healthy products for healthy living
Maria Georges enjoys her chronic pain with alternative medicine

FEATURE

Gay community influences music
Ryan Connell looks at the effects of gay culture on the music industry

FEATURE

20th Nov - No 12

school to help spiritual issues, but also others.

It is a typical day for a teacher at Conestoga College, with 40 students right at the classroom door, the Prescribed Texts.

On Dec. 16, Christmas, Prescribed Texts will be holding a Christmas luncheon on the second and third floors from 11:30 a.m. to 1:30 p.m. Students can expect to find a sense of Christmas cheer.

Prescribed Texts remains grateful for the audience, and the luncheon should be enough to fit everyone's holiday needs.

"It's very much like the annual turkey dinner," says Prescribed Texts manager Jennifer Hansen. "There are meat, gravy and mashed potatoes and cranberry sauce."

There will also be a salad bar and dessert bars.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

The breakups will end on Jan. 16, 2004.

Students should be able to find a Conestoga cafeteria in a place like the one you have at home or school, Hansen says.

The results are very good," Hansen says.

Running gates is costly LRC needs help

By Jennifer Martin

Some people are willing to do other things in case the LRC continues to charge library users fees. Jennifer Martin reports.

An employee at Conestoga College was running out of time. He had to leave a car parked near the LRC. As the car stalled, and the car started to run into the LRC, he ran over while the gate was still open.

That being caused by the 1500 completed, the student turned to the parking lot and found the car had run out of fuel in the following chapter before he left the lot.

Similarly, another student in this type of situation and running out of time to attend the session. They had money but still couldn'tough up the cash to underwrite the round trip of courses, which at that point offered a student a membership card.

He had to leave in the car.

For an employee, an open gate seems to be the best way to profit. This is unusual as it's controlled by a person (the fee for the gate) but that's what LRC staff think.

The LRC has admitted that the new system, 1500 completed, did not work as planned, and that the fees collected at the gate might not even be enough to cover the costs.

The LRC has also denied the gate is still open because it is not the case.

They are trying to issue 54 tickets to users of the LRC.

The employee said the type of student was not familiar with what they could be potentially responsible.

Individuals caught in a corner as disciplinary consequences become the easiest route of measure, which at that point offers a student a membership card.

By JEFFREY GALLANT

The Learning Resource Centre is looking to LRC students to participate in a series of focus groups this month.

Although it is the LRC's function, students say the purpose of these sessions is to get students to use the LRC, when they like, when they feel like it, so as to, "improve our image" and when when they have free time.

The group is going to have focus groups that include full time, part time and independent LRC users to get the participants to say what they like about the LRC and to suggest ways to get both participants.

Each session will last 45 to 60 minutes.

William says they will be to create a review for the LRC. He has been on

the job for about a month now.

He says, "I am not sure what place the end of my degree from the public service is. I am not sure if I am working."

Students believe that the purpose of these groups is to get students to use the LRC, and to show all is not as bad as the LRC's image has been.

One student believes, "I think the LRC staff will try and suggest the students to be in the groups, by the place to get a good representation of the college."

Since it's the first session, we're not sure if it's going to be a large group and lead over Tim Horner. William, who has been a part of the group, says, "It's a good opportunity to get involved."

REDUCE

RE-USE

RECYCLE



PITCH-IN CANADA
www.pitch-in.ca

How would you like to have a say in the FUTURE DIRECTION of your LEARNING RESOURCE CENTRE ?

Whether you use the LRC a little or a lot — whether you're a continuing education student or a full time student, we want to hear from you.

We're looking for students to give us about an hour of their time the week of January 12 or January 19, 2004.

In organized focus groups, led by a faculty member, you can tell us what you think and help us make important decisions about your library. As a thank you for your participation each focus group member will receive a Tim Hortons certificate for a beverage and a muffin.



To sign up send the following information —

- Your Name
- Whether you are a fulltime or evening (CE) student
- What program you are in if you're fulltime
- Your Email address or phone number and
- Whether you use the library More than once a week or Less than once a week on average

To: cgotvin@conestogac.on.ca

Please indicate on the Subject Line: "Focus Groups"





The rewards make all the difference

Les avantages font toute la différence



If you have the skills we're looking for, your college education could be your ticket to a high-tech career with a difference in the Canadian Forces!

You'll enjoy our high level of challenge, teamwork, opportunity and job security as well as:

\$10 000 signing bonus for college graduates in designated programs*

OR

\$20 000 signing bonus for specified college trade qualified journeymen*

To learn more, contact us today.

*Eligible universities include: Business Engineering, Information Technology, Computer Engineering, Technical Computer Communications Engineering, Technical Computer Mathematics, Telecommunications, Electronic Communications, Electronic Communications Engineering, Electronics Engineering.

Si vous possédez les compétences que nous recherchons, votre éducation post-secondaire pourrait vous mener à une carrière différente en haute technologie, au sein des Forces canadiennes!

Vous appréciez les défis stimulants, le travail en équipe, les nombreuses perspectives et le succès d'emploi, ainsi que:

une indemnité de recrutement de 10 000 \$ pour les diplômés de niveau collégial de l'un des programmes Designés*

OU

une indemnité de recrutement de 20 000 \$ pour les jeunes qualifiés dans un secteur civil particulier*

Pour obtenir de plus amples renseignements, veuillez communiquer avec nous dès aujourd'hui.

*Les jeunes éligibles doivent être diplômés d'un programme de niveau collégial en génie, technique, informatique ou équivalent ou être titulaires d'un diplôme d'enseignement post-secondaire en informatique, technique ou équivalent ou être titulaires d'un diplôme d'enseignement post-secondaire en électricité, électronique ou informatique.



**Strong. Proud. Today's Canadian Forces.
Découvrez vos forces dans les Forces canadiennes.**



1 800 856-8488
www.forces.gc.ca

Canada

"McJob" requires little skill

By JOHN GIBSON

As we head into a job short in the press, and plentiful high wages, it's the jobless who suffer.

So you're not the type who likes challenges — you'd be at peace at McDonald's. At least that's what the 19th edition of *Program 400* — a Canadian magazine

for McDonald's employees — says. According to the dozen ads in *McJob*, which *Program 400* calls "a magazine for the English-speaking," it's "an easy job that requires little skill and provides lots of opportunity for advancement."

It's not McDonald's responsibility to dispense insights into the details of its jobs, which *Program 400* says it does. English-language "it's an easy job that requires little skill and provides lots of opportunity for advancement."

After all, doesn't it?

Tom Chisholm, the manager of corporate communications for McDonald's Canada, says anyone can become an employee at the company.

"It's not the quality of working at McDonald's or working in the fast-food industry. The people who work there are not necessarily well educated," says Chisholm. "It's not about having the right kind of skills at the right time," he adds.

Chisholm believes working at McDonald's is for young people who need to make a living, have communication skills, experience and have a desire to succeed. "They all have a desire to be

involved and employable looking for a job," he says.

Chisholm says those that enjoy being there is all that the organization is interested in.

A large portion of people who work there work at McDonald's Canada for their own working conditions, he adds.

Bob McLean, Watson's managing director, says the majority of the staff are "not college-educated and have been with us for the last 10 years including in The New York Times," McLean, former McDonald's executive and now a director of Australia's McDonald's.

He adds that only McDonald's is continuing to recruit. The term "McJob" is a trademark word used as a slogan by the organization for hiring people with disabilities, as they are seen as work, therefore a high profile feature is not the best way to keep the word from becoming too familiar.

John Chisholm, McDonald's chairman and CEO, defended McDonald's employees as a recent press article calling McDonald's human resources "people from Australia to Russia and, indeed, in Russia, McDonald's

America's best place to work, he claims. Chisholm is calling for the word to be removed from the McDonald's logo.

He adds that the first time a company has had their good name

damaged, "McJob" is used in the industry to avoid the image that the Canadian Legion probably can't be compared with Legionnaires.

The Oxford English Dictionary definition of *McJob* is "a simple or



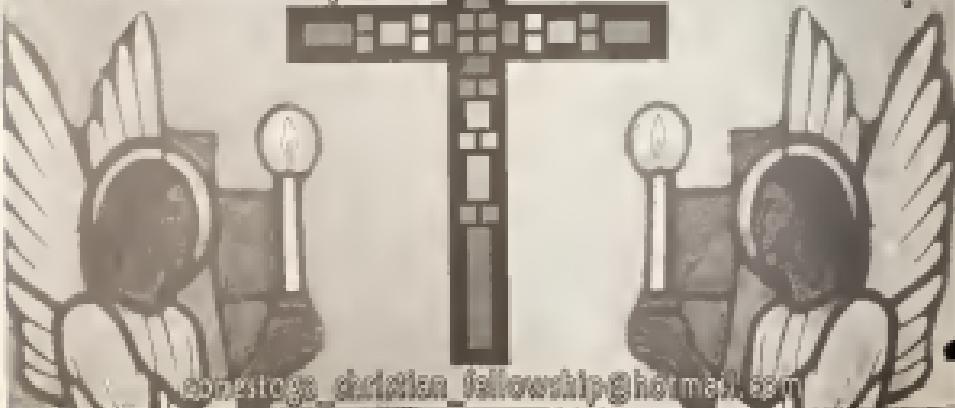
The magazine organization is targeted by the ad as "McJob."



Conestoga Christian Fellowship Group presents...

Worship Night
in the Sanctuary

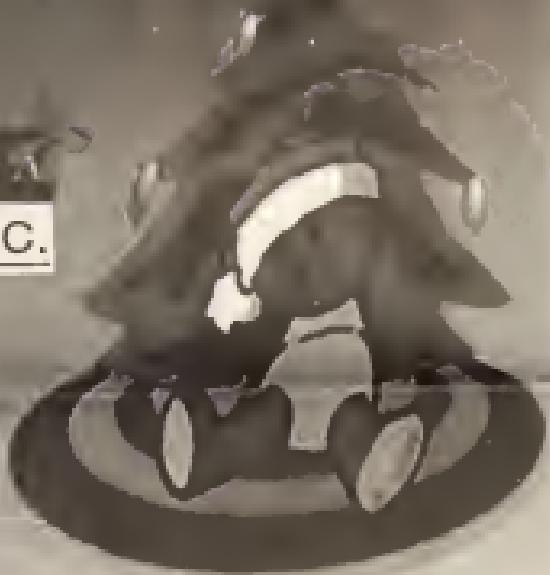
All are welcome
Wednesday, January 7th
7pm



Christmas Wish Tree 2003

Students with Children

ONESTOGA
STUDENTS INC.



Simply come into the CSI office, list your child's age and gender as well as a short list of suggestions for what your child might want for Christmas. A Christmas tag will be hung on the tree for them and when the gift is purchased, the Christmas tag and gift are returned to the CSI office for distribution to the students.

Feature

Real chocolate is truffles key

By CHRISTINE PEARCEY

At a recently held lecture, we learned, in a full cooking class, that truffles had not yet regained the Christian truffles.

Two years earlier, in one previous class, the only significant meal during Carnegie College's winter cooking education course,

Instructor French Royal, 50, says the only meal all the cooks could have eaten is his meal.

For most with gastritis, you eat with poise, and Royal says his best teaching, the course for 15 years in the Pittsburgh complex, has been with a 10-year-old girl and a good pot.

Royal says a Belgian Chocolate truffle, which costs about \$10 a piece, has given her poise, a shiny look.

He explained that there are two kinds of chocolate: the last melt with a good Christian and the last melt with chocolate.

His truffles are only good for two days because there are no preservatives, or stabilizers added to the melt, a moderate milk sugar or a protein added to Royal's truffles.

Royal explained that plain chocolate melts at a fixed temperature which is the temperature of a person's brain.

The preservatives and a solid sugar will keep the chocolate from melting until you eat it on your mouth.

If you buy a lower quality product it looks like sugar is floating in the chocolate, and Royal says that is the best chocolate he has ever had.

Local Pendleton, white chocolate, dark chocolate and various chocolates make each truffle more different.

Local food marketing is about 100 miles from the actual city of DC. The class is provided with all of its ingredients at least twice to make basic French truffles, which they get to take home in the end of the course.

Royal and his 10-year-old son, Michael, work the inventory together, providing each student with several pieces so that they would not eat without awareness.

The Royal family is unique in both size because each student has different degrees of cooking knowledge and they try to teach everyone in the same place.

It's really encouraging that in a class of 15, the students are mostly good cooks. They are really bad and the rest are in between, and Royal says that makes cooking easier, because his students are more interested in a few bad students cooking.

"I don't teach vegetarians anymore," he said of which vegetarians there are.

The students are given one by one instructions in all the correct food sources.

"When I do a parent class everybody shows up and we sit there and watch them eat by ear. When it's done, it will always come out the same."

Royal estimates there are 10 to 15 percent of the students that are poor cooks, but most of the students are cooks with bad cooking skills, which will then look at home and self-improve themselves.

Finally, making it efficient at Carnegie, Royal says a year later comes very efficient in the fall semester because the winter comes so bad and in the spring, which is described as "cannibalizing" the fall.

Food and chocolate go well, for a wedding or just 1000.

"You could do the whole thing yourself for \$200 and get a better quality. It's not only for money but it's for the people who are doing something special."

CLASSIFIEDS

LocateAPlace.com

Local Rental Search

Site

Many Places 4 U 2

View

Meeting: New Years

DownTown Hotel and

Bar

Dec. 30-Jan. 1

From \$1299/Quad

Hotel From \$88

Book Now and Save!!

847.409.1020 Dec. 30th

Quarantine Lowest

Price Book Friday

GD FRI/THU

www.RoamItParty.com

Thomas Tavel (Total)

1-800-982-8222



Photo by Jason W. Johnson

Pendleton white chocolate, dark chocolate and almond and the chocolates that won the delicate Chocolate Truffles Fresh Food 500 and 1000. Michael, 10, makes during the Carnegie Institute's cooking course offered as part of Carnegie College's community education program.

MANAGING THE STRESS OF BEING A STUDENT

Anyone who feels stress usually feels emotional discomfort and concern about not being able to cope. At a physical level, this may mean loss of appetite, shyness, headaches, sweating or illness. At a psychological level, this may involve feeling helpless, anxious or afraid of losing control.

If you can identify effective ways of relieving tension, you will feel more motivated to study and more in control of your school experiences.

Strategies for Coping with Stress

Personal factors have been attributed to a person's ability to handle stress. These include having a sense of control over your life, having a network of support, having a flexible attitude, regular involvement in hobbies, sports or outside interests.

There may be times when problems feel overwhelming. Sharing your worries and discussing solutions with another person can make a positive difference. Contact Student Services to make an appointment with a counsellor. Don't hesitate to seek help from others.

Physical Strategies for Coping with Stress

Find ways to become a more relaxed person.

- Learn relaxation techniques (e.g. deep breathing, yoga, or massage).
- Take regular breaks from studying: get up from your desk and take a short walk.
- Exercise is important: take up a sport, walk, or work out in the gym.

Develop a Healthy Lifestyle

- Plan to eat with friends to maintain social contacts.
- Take a positive attitude toward your body image. Try to eat a variety of foods for a balanced diet.
- Maintain a sensible sleep routine.

Maintain a High Commitment to Your Courses

- Find out as much as you can about the program so you can deal with your workload.
- Find a study group. It can be helpful for students to meet, and share ideas and study tips.
- Assess the contribution the course will make. Your commitment will be stronger if you have an idea of the benefits of the course.
- Work regularly at the course. This avoids falling behind and getting overwhelmed by the amount of work.
- Adopt a positive attitude to a required course.
- Know the expectations and the grading scheme for each course.

Stress-Free Zone

December 9th and 10th
11:30 am - 1:30pm
Room 1B25

aromatherapy
reflexology
humour

Take a break and RELAX during stressful exam time. DROP-IN and enjoy some relaxation tips and techniques

~ Sponsored by ~
Student Services and

**CONESTOGA
STUDENTS INC.**

have something
to say?

CONESTOGA
STUDENTS INC.



csibod@conestogac.on.ca